Sample Parent Letter about psoriatic disease to School Principal, Teacher or School Nurse

Dear [insert name of teacher or school nurse}:

As a parent of a [insert name of school] student affected by psoriasis I would like to let you know more about the disease and how it impacts my son/daughter, [insert name of child]. It’s possible you may not have had a student with psoriasis or psoriatic arthritis before. Psoriasis affects more than 8 million people in the U.S. About 1 percent of those affected are kids younger than 18. Every year, roughly 20,000 kids younger than 10 are diagnosed with psoriasis. Psoriasis is a noncontagious disease that affects the skin and nails; psoriatic arthritis is a noncontagious disease that affects the joints. One-third of all people with psoriasis have psoriatic arthritis.

Psoriasis causes skin cells to reproduce too quickly. Skin affected by psoriasis takes only three to four days to grow instead of the usual 28 to 30 days for normal skin cells. This rapid skin growth builds up and forms inflamed, scaly lesions that itch, causing pain and redness. In psoriatic arthritis, stiffness and swelling can occur around joints, making it difficult or painful to move. In addition to physical effects, emotions may shift or change. Some days may be easier for my child than others depending on how he/she feels. How [insert name of child] typically feels includes:

**[insert how psoriasis makes your child feel and be sure to include how your child feels with psoriatic arthritis if he/she has it.]**

There are triggers that may cause [insert name of child]’s psoriasis and psoriatic arthritis to flare. These include damage to the skin such as cuts, bruises or insect bites; certain medications; stress; or infections like strep throat. [Insert name of child] may need to take medication at school or miss school when not feeling well or if he/she needs to see the doctor. On days when [insert name of child] is not at school, he/she wants to keep up and I may request take home assignments. I hope you will be willing to work with me. With your help [insert name of child] can be just as successful and happy as other kids in your class.

Please find enclosed additional information for school staff about how to care for someone with psoriasis or psoriatic arthritis. Thank you for your time and giving me the chance to tell you about [insert name of child]’s psoriasis and psoriatic arthritis. If you have any questions please contact me at **[insert phone number or email address]**.

Sincerely,

Signature

**[insert parent name]**